The Hampden Hippocrat

A Bulletin for the Hampden District of the Massachusetts Medical Society

VOLUME VII SUMMER 1951 Number ~~10~~ 13

HOBBIES for THERAPY

First: the 'Springfield Plan' was acclaimed by educational authorities throughout the country.

To-day Springfield is still pioneering. With the country fast becoming a major population of oldsters, Springfield presents a singular and notable example of a resourceful and democratic community's ability to take care of elderly residents. Along traditionally American lines; Springfield has worked out unique ways of caring for the aged and chronically ill and educating its citizens for a more useful and gratifying life.

A group of modern minded individuals is working out a-health promotion theory. It is, in reality a clinic for people 65 years and older — The Springfield Hobby Club. It has a simple working theory — "The need of continued (planned and purposeful) physical and mental activity."

If we wish to add life to years and not merely years to life then we must approach the old age problem with a liberal and long term program. Drugs will play an important role in this program by promoting physical well being and counteracting the inevitable tendencies to deterioration. But of equal importance will be the social and cultural aspects; cultivation of hobbies and crafts, opportunities for intellectual and artistic satisfaction, religious comfort and promotion of every opportunity for furtherance of moral and economic achievement.

The reorganization of the Springfield Municipal Hospital is fast taking care of the physical well-being of the chronically ill and handicaped for Springfield, a gigantic undertaking with multitudinous obstacles to overcome.

The Associated 40 and 8 Club of greater Springfield, sponsors of the **Springfield Hobby Club**, steps in to supplement the efforts of the Municipal Hospital medical staff with a program of preventive therapy for the aged and handicaped.

Since its inception less then 5 years ago the Hobby Club has become an important factor in the lives of oldsters and handicaped. To-day the Hobby Club has an occupational therapist, a staff of fifteen volunteer instructors housed in at 135 Dwight Street, a store known as the 40 & 8 Hobby Club center. The Center bristles with activity. An added feature permits the members of the Hobby Center "to go in business." Members are allowed to set up and sell their handiwork — an excellent stimulus for their activities. All expenses of this project are defrayed by the Associated 40 & 8 Club. There are no dues, no assessments and the only requirement is that the participants be 65 years of age or over.

The hospital hobby service is open to residents of all Homes for the aged. This service has proven very popular at the newly reorganized Municipal Hospital. The tremendous success of this hospital service has proven to the members of the Associated 40 & 8 Club that a hobby can do wonders. The accomplishment of

Hampden Hippocrat

"Life is short and art is long, the occasion fleeting, experience fallacious and judgment difficult." —Hippocrates, 430 B.C.

This Issue 500 Copies

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Edward P. Bagg, *Editor-in-Chief*
Eoline Dubois Jerome Whitney

a well executed piece of craft work gives a distinct psychological lift and encouragement, and increases morale in the chronic ward at the hospital. It also gives the creators the satisfaction of providing themselves and their friends with attractive handmade objects and stimulates them, by the knowledge that their work has an actual monetary value.

Many arthritic deformities are soon overcome as handicaps. One patient at first was so sure she could not utilize her arthritic deformed hands that she became a burden to herself as well as to her neighbors, but now she pursues her hobby with dexterity and finds opportunity to help other patients about her. Another patient also ailing and complaining found surcease in her new hobby and so on down the line patient after patient has improved both in mental attitude and well being since this project has been instituted at the Municipal Hospital.

The full scale community program is now just beginning. This service is gradually extending into the homes of "shut-ins." Physicians of greater Springfield may avail themselves of this service for their needy patients. Because of the limited number of volunteer instructors applications of "shut-ins" for instructions will of necessity be absorbed in their turn.

With completion of the Municipal Hospital and the headway being made in occupational therapy, there is no doubt ultimately that socialogists, psychiatrists and other social scientists of Western Massachusetts will surely turn to Springfield for studies on old age problems.

At the Municipal Hospital, two points have become noticeable. The men when given material to make belts and later sell them for two dollars, each develop that same old urge, call it for gain if you will. But the picture demonstrates that old age is no barrier to private enterprize and the personal satisfaction of gainful accomplishment.

In the women's section of the Municipal Hospital a large sunny room set apart for Hobby activities is used. From a small beginning, an increasing number of women seem to develop a competitive spirit. "If that woman can do this work, I can."

Contributed by One of Forty

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"WHOSE BLOOD"

Some of us doctors are not going to Korea. Some of our sons are going into the service. Many of us are going to sit at home in comfort and be scot free from any responsibilities or heartaches other than increased taxation which is shared by all.

Thinking in these terms, the writer gave a pint of blood to the Red Cross Blood Program a month ago and never had one minute of inconvenience except a half hour of time donated. He cannot help but feel that if doctors are the number one men in the community, they now have a chance to prove it. Those of us who do not have to go ourselves even though we send a son, can really send a pint of ourselves which may eventually reach that son. In any event, I can think of no greater challenge to American Medicine than that they give something more than lip service in a patriotic gesture.

Most of us will stay home. If, however, all those who do will call their local Red Cross Chapter and put themselves on the Blood Donor list two or three times a year, they will feel very much better.

The quota for Massachusetts is 230 pints of blood a day just for preparation of plasma. The amount of whole blood as such needed from Massachusetts for Korea is a military secret. We do not know that to meet our full requirements in Massachusetts for civilian hospitals, civil defense, and the military, we need a minimum of 15,000 pints of blood per month. Certain hospitals have their individual programs too.

Every town and city in the area that the Hippocrat serves has a Red Cross Chapter or representative to whom our

(Continued on Page 6)

COMPLIMENT
Curran-Jones
WEST SPRINGFIELD

NEW HEADQUARTERS

22 The Fenway

One of the most pleasant functions of the busy fourth week in May was the reception at the new Headquarters of the Massachusetts Medical Society next to the old site, 8th Fenway, (in fact connected by a doorway). A private residence has been remodeled to fit the present-day needs of our expanded organization. Modern simplicity in decoration and lighting have been exceptionally well blended with 19th century architecture to that end. The offices are bright and comfortable and the Committee rooms are adequate for the numerous meetings. With the addition of a modest buffet, incidental expenses should be reduced and time saved in catering.

As is fitting, a large portrait in oil of John Birnie dominates the office that is shared by the President and Secretary. Hampden's John must have been more than pleased to find after all these years that his dreams have come true so concretely, yet handsomely enough to suit the most exacting taste.

The quarters of the Director of Medical Information and Education on the fourth floor are flooded with light and provide ample room for filing the thousand and one items that must be readily accessible. They are air conditioned to counteract the extra heat.

Fellows are invited to inspect the results of the efforts of Frank Ober's committee that is a happy solution of this important problem.

At the meeting of the Executive Committee held May 18th, 1951 the Board of Editors of the Hippocrat were unanimously re-elected:

Dr. Edward P. Bagg — Editor-in-Chief, Dr. Jerome A. Whitney, Dr. Eoline C. Dubois, Dr. William A. R. Chapin — Managing Editor.

Compliments
Albert J. Rypysc
Springfield

Extends Thanks for Vote of Confidence

The Editorial Board of the Hippocrat wishes to thank the fellows of the Hampden District Medical Society for their vote of confidence as recorded at the Annual Meeting. We hope to make this bulletin more and more useful as time passes. Specifically we shall set a definite date for publication i. e. two weeks before each stated meeting of the Council of the Massachusetts Medical Society so that important issues may be called to the attention of the membership in time for study and instruction of Councilors. More often than not Councilors heretofore have gone into the meetings without information as to the opinion of the rank and file whom they are chosen to represent. If the contributors and the printer know of the hoped for date of publication far enough in advance, such a schedule may be kept and the usefulness of the Hippocrat enhanced. We bespeak the cooperation of the officers and fellows in sending in news items, queries or notices that may be timely or of interest to our readers in good time to meet these dates.

Once again the Hampden District has shared in the honor visited upon one of our fellow-members. Our Secretary Allen G. Rice has been elected Vice President of the State Society (and took office without benefit of introduction because he was attending the exhibition of the Flaming Hosiery out in Fenway Park at the moment instead of the Annual Meeting of the Society). The honor is well deserved because of the many long hours that Dr. Rice has devoted to work with the Committee on Ethics and Discipline for so many years, to say nothing of the many services he has rendered in the Council and here in his home district. The Editors wish to add their encomiums and, as loyal Hamdenese, to bask in the glory thus reflected.

Officers of the Hampden District

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YOUR SOCIETY AND MINE

Despite the fact that in this day and age tradition sometimes seems to mean less than another, it is nevertheless a matter of pride to most of us that our State Medical Society was organized in 1781 and has functioned continuously since that time. The instrument or organization is extant and will be mentioned subsequently. Of immediate importance is that fact that since 1781 our Society has grown both in numbers and influence to such an extent that as of the present we have 7132 members, a new Society headquarters building, and a yearly operating budget of $179,000. In addition, the Society publishes a weekly medical journal second to none throughout the world, it employs a full-time secretary and a full-time director of medical information and education and finally, in order to conduct the many Society activities, it has created no less than forty-eight committees, made up of Society members.

All of this sounds like an active, hard working organization. And of course it is. But what does this mean to you? In other words, just what do you get out of your Society for the thirty-five dollars you pay each year in order to be a member?

In the first place, each of you is a vital part of a dignified, progressive organization of physicians. By virtue of your membership, you receive a medical journal and have many privileges insofar as standing in your community is concerned. Membership makes you eligible for various hospital appointments, it makes it possible for you to hold office, it throws you in contact with the best physicians in your community and elsewhere.

Despite all this, there are more fundamental reasons for Society membership, which I should like to discuss with you.

In the instrument that announced the organization of our Society in 1781, certain very definite standards were set up for us to follow. Our founders were interested in postgraduate medical instruction, and in constantly improving medical care for the public. Interpreted in the light of present day complications, it is fair to assume that the purpose of the Medical Society then and now is — "To constantly improve the quality of medical practice to the end that people of this state may receive excellent medical care at all times, regardless of the ability to pay".

This slogan or motive presents a challenge to all of us. How can we meet this challenge?

Certainly no single physician can by himself solve the problem, no matter how high his motive. He needs the help of other physicians working to the same end. In other words, this is an organizational effort. Or, putting it differently, one can not hope to accomplish the ideals of medical practice mentioned above without becoming actively connected with an organization of physicians who in turn have the same high ideals concerning the purpose of medicine in the community.

Space does not permit a review of the many activities of the Society directed toward improved medical care, and the service and protection of the public. To mention just a few of our accomplishments, your attention is directed to the work of the Blue Shield and Blue Cross; the constant attempt for the Committee on Public Relations to improve medical coverage; the work of our Director of Medical Information and Education to fight for legislation directed toward the public good; the excellent work of the Committee to Supervise the Red Cross Blood Program; and finally the work of the Committee on Postgraduate Medical Education. Many other committees could be mentioned. But the main point is that despite the work which has been accomplished, there remains much to be done.

(over)

Surgical Supply Company
22 Railroad Street Holyoke

Assuming that you agree with the objectives of the Medical Society heretofore stated, membership in the Society makes it possible for you "to constantly improve" your own medical knowledge, and it makes it posssible for you in company with others "to constantly improve" our efforts for complete, constant, and effective medical coverage for the public at large regardless of individual financial status.

In other words, when stopped by a brother physician in the corridor of some hospital and asked. "What does the $35. a year get us?" — you can answer quickly and with assurance — "It does two things for me. It makes it possible for me to constantly improve my efficiency as a physician without extra cost, and it also makes it possible for me, with the help of other members, to better serve the public regardless of their financial status."

Personally, I can think of no more satisfying answer.

NEEDED by the ACADEMY of MEDICINE LIBRARY

Transactions of the New England Surgical Society. Published by the New England Journal of Medicine.

Needed: Vol. 1 — 1917 (not sure of date), Vol. 2 — 1918, Vol. 4 — 1921, Vol. 5 — 1922, Vol. 6 — 1923, Vol. 8 — 1925, Vol. 9 — 1926, Vol. 10 — 1927

In Library as gift of Dr. John Birnie Vols. 3 — 1920, 7 — 1924, 11 to 27 inc. '46,

The Academy of Medicine reminds the members of the Hampden District that it has an excellent library open daily except Saturdays from 10 to 5. The librarian is always ready to look up references at any doctor's request, and have them available at short notice.

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TO THE EDITOR:

The doctors in the Hampden District have been requested by Dr. Thomas Corrigan, Chief of Staff of the new Veterans Hospital of the Commonwealth of Massachusetts, to submit their applications for staff appointments at this hospital. This request was in the form of a letter which was read at a meeting of the Springfield Academy of Medicine, and at a meeting of the Holyoke Medical Society held in April. It is understood that the physicians will receive remuneration for their services. This remuneration is on a sliding scale basis whereby specialists and consultants will receive a larger fee than the general practitioner.

At a meeting of the Holyoke Hospital Staff held in February of 1951, Dr. James F. Collins, Medical Director of the new Veterans Hospital of the Commonwealth of Massachusetts, spoke to the staff outlining the policies of the new hospital. He discussed the fee schedule and informed the staff that the commonwealth would pay but two and a half dollars an hour for physicians' services in the Out-Patient Department.

Gentlemen: if this is to be the practice or the policy adopted by the administration of the State Soldiers' Home and the Veterans Hospital, I think we should all give this matter serious consideration before we make application for a staff appointment.

"Whose Blood"
(Continued from Page 3)

doctors can apply. It is estimated that in Springfield about twelve doctors have given blood to the Red Cross during the past year. Can't we multiply this twelve times? Take it from me, I never felt the needle but it is a long time since I have felt so good about a gift.

Craw

Compliments
George St. Pierre
Springfield

COUNCIL RESPONSIBLE

The Council of the New England States Medical Societies is responsible for the New England Post Graduate Assembly each year. This council of about thirty men and women met for a Sunday afternoon, dinner, and evening, on April 15th, 1951 at the Copley Plaza in Boston. All six New England State presidents were there. Dr. R. E. McSweeny of Battleboro Vt. presided.

Dr. McKittrick of Massachusetts spoke on the alleged need of $40,000,000 additional funds each year for our American medical schools. The committee on National Education and Medical Economics, after study, are recommending:

1—Acceptance of some Federal Funds for this venture for a limited time only.

2—No grant to exceed 30% of a budget.

3—Gift unrestricted. No control except towards medical Education.

4—Gift not to be a premium on new student enrollment.

5—This committee questions the soundness of the American Medical Association on Federal Funds.

6—Efforts to get medical college graduates to make donations each year should be made.

7—Total expenditures should be kept in reasonable bounds and no attempt made to expand to higher levels and expenditures.

8—Try to get the American Medical Association and medical college deans together for a long range program.

Yale has reduced $250,000 in past two years in her budget. Country wide costs per student run from $900. to $5000. a year in varying schools.

Dr. Charles J. Ashworth of Providence, R. I. in reporting on his State Disability Compensation law told of the reduction for obstetrics from 15 weeks to 12 weeks disability.

Dr. Harris Power of Manchester, N. H., discussing physicians in rural communities told us that no one is over twenty miles from a hospital in his state. They have one doctor for 726 people. His need is for better and more small hospitals to keep men in rural areas.

Dr. E. E. Johnson of St. Johnsbury, Vt. told of the relationship of state aided Medical College to Medical Society. Great numbers of Vt. graduates stay in the state, keep in touch with Burlington and its clinics and the school stresses Vt.'s medical needs and not those of great metropolitan areas. The medical school budget is $400,000 and graduates forty men a year. Of this the state contributes $100,000. Two thirds of Vt. physicians graduate in the state. In 1949-50 — of 159 students, 89 come from Vt.

Dr. Thomas Danaher of Torrington, Ct. spoke on their medical service contract.

Dr. Foster C. Small of Belfast, Maine spoke of the influence of osteopaths in his state. The loss of Bowdoin Medical school has impeded the settling of physicians in Maine and they now have an enabling act passed by the legislature which, it is hoped, will end in the return of Medical Education in Maine. The osteopaths have a separate board in Maine. They can admit patients to hospitals except for surgery and obstetrics. In Mass. a progressive decline of osteopaths applying for board examinations was reported; four or five a year now. Maine has 753 physicians registered.

After a full dinner, Dr. Albert N. Jorgensen, President of the University of Connecticut spoke on the present emergency and its impact on public higher education.

ANNOUNCING OPENING OF HEART CLINIC

At the Health Dept. Hospital — 1414 State Street, Springfield. On alternate Friday mornings, which began June 1st.

Patients from Franklin, Hampshire and Hampden Counties, who cannot afford to pay for private care, will be accepted for diagnosis on referral by a physician.

Under the direction of Dr. George L. Steele, Chief of Clinic — Dr. Jacob I. Weisman, Associate Chief — Dr. Raymond Gelfman.

For an appointment call — 9-4976.

REGISTRATION FOR MEDICAL TECHNICIANS

For procurement of laboratory or office assistants the Registry of Medical Technologists, maintained by the American Society of Clinical Pathologists (Mrs. Ruth Drummond, Registry, Munsie, Indiana), should be employed. Mr. Clarence W. Truehart who conducts the Holyoke Clinical Laboratory and another in Easthampton is offering a rival Registry that offers training for qualified medical assistants, but the name American Registry of Medical Assistants does not appear as yet on the list of Schools for Medical Technologists that is approved by the Council on Medical Education and Hospitals of the American Medical Association. Mr. Truehart stated that he is not a Doctor of Medicine nor a Pathologist but a laboratory technician and a graduate of the Southwestern College of Physiatrics and the School of Medical Technology of Dallas, Texas with degrees of Bachelor of Science and PhD in Science from the latter institution.

The Mercy Hospital in Springfield gives an excellent course for Medical Technologists approved by the Council on Medical Education of the A. M. A. It is also of interest that the Bay Path Junior College has inaugurated a similar course, the class receiving its instruction at the Springfield Hospial. It is becoming clearly evident that the position of medical assistant which once included, receptionist, bookkeeper and laboratory technician, is recognized as three jobs requiring special training.

AUXILIARIES ATTENTION!

A dampening bag made of Vinyl Film has been invented to hold clothes sprinkled for ironing in a moistened condition for days, or until your added duties in connection with the Hampden District Medical business is cleared away.

* * * *

Likewise, velon plastic bed-spreads save work. A damp cloth will remove dust and stains, even spilt milk.

(Details on request).

TRADE HIGH SCHOOL'S CONTRIBUTION TO MEDICINE

Under the direction of Mrs. Margaret Ells, Principal of the Girls Trade High School, courses have been given for the past year of special interest to physicians, namely for Medical Assistants and Nursing Attendants. Both courses are new, the first classes graduating this year. In the present situation, the demand for Medical Assistants far exceeds the supply as seen by the fact that over thirty physicians called the Trade School this year for office help, and only 18 girls were available.

As to Nursing Attendants, The Trade High School made history this June, when the first class of Nursing Attendants to graduate from any public school in Massachusetts, was capped on June 11, a very impressive ceremony. The Boston Globe considered this important enough as a new event to publish an account of it. The class was small in numbers and represents a mere fraction of our great need for nurses and we physicians should take the opportunity to do a little missionary work in behalf of this course for High School girls in families under our care. The short course of training and good pay make the licensed attendant nurse our best hope of relieving the nursing shortage in hospitals as well as in the home.

Harris Pharmacy

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Springfield Massachusetts

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Ernest A. Byron

SPRINGFIELD